

Sled Offensive Line Drills

Line Drill #1 ***One-Man Drive***

Objective - Improve leg drive.

Action - Get your linemen into a single file in front of a one-man sled, with the first player about 1 yard away from the sled. On the coach's signal, the first lineman performs a base block (with explosive power) into the sled. On the next signal, the player then does a seat roll and sprints ahead five yards before going to the end of the line. Repeat offensive line drill with next player in line.

Coaching Details - Be sure each lineman is in a good stance and takes a correct first step out with an explosive motion. Make sure they're moving the sled ahead in a straight line with power-based, short steps.

Offensive Line Drill #2 ***Hip Roll (2-Man Sled)***

Objective - Develop the hip roll.

Action - Divide linemen up into two lines in front of a 2-man sled, with the first player in each line about 1 yard from the sled. On the coach's signal, each player, without moving the feet, moves the sled ahead with the forward thrust of the hips. On the next signal, the players then do a seat roll and sprint ahead five yards before going to the end of the line. Repeat offensive line drill with next players in line.

Coaching Details - Be sure each lineman is in a good stance and takes a correct first step out with an explosive motion without the feet coming together.

Offensive Line Drill #3

Drive and Roll (2-Man Sled)

Objective - Improve leg drive.

Action - Line up blockers like in Drill #2. Also, position a player on either side and about 5 yards beyond the sled, each holding a blocking dummy. At the coach's signal, the first player in each line explodes their inside shoulder into the sled and drives it straight ahead. At the next signal, each player performs a seat roll and explodes forward to block the lineman holding the dummy on their side of the sled. The two players, who just performed the offensive line drill, now become the dummy holders while the original dummy holders now go to the end of the lines. Repeat offensive line drill with the next players in line.

Coaching Details - Be sure each lineman is in a good stance. Make sure they're moving the sled ahead in a straight line with power-based, short steps. Emphasize "explosion" out of the stance.

Offensive Line Drill #4

5-Man Drive

Objective - Improve start and drive block with the 5-man sled.

Action - Have the first unit line up in front of the 5-man sled. On the coach's signal, have all five blocker's hit the sled with the same shoulder and move the sled forward. On the next signal, have all players sprint out laterally to the side. If they hit the sled with the right shoulder, they should move out to the left and vice versa. The next unit repeats the offensive line drill as soon as the group in front of them has moved out of the way.

Coaching Details - Be sure each unit has a chance to block with each shoulder. Be sure each lineman starts out of a good stance, and then uses proper blocking technique.

Offensive Line Drill #5

5-Man Reach Drill

Objective - Improve proper reach block.

Action - Start everything like Offensive Line Drill #4 except that now each blocker is lined up to the right or left of each sled pad, depending on the direction of the reach block you want to work on. On the coach's signal, all five players execute a reach block, drive the sled, and then move out laterally on the next signal. The next unit moves in and repeats the offensive line drill.

Coaching Details - Be sure each unit has a chance to reach block from both sides. Be sure each lineman starts out of a good stance, and then uses proper blocking technique. Emphasize driving the sled in a straight line.

Offensive Line Drill #6

5-Man Seat Roll

Objective - Improve agility and explosion.

Action - Align the lineman in a single file just to one side and parallel with the 5-man sled. The first player in line gets into a 3-point stance in front of the first pad. On the coach's signal, he fires out into the pad with the inside shoulder, then performs a seat roll and ends up in front of the next pad. The next player in line, meanwhile, gets into a 3-point stance in front of the first pad. On the coach's signal, these two players repeat the same drill as the next player in line gets into position in front of the first pad. Repeat this offensive line drill until the last blocker in line has reached the far end of the sled.

Coaching Details - Emphasize the need to explode into the sled each time, then get a quick recovery in order to seat roll to the next pad. Run this drill from both sides.